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Article

EFFECTIVENESS OF POSTPARTUM EXERCISE TO THE HEIGH OF THE UTERINE FUNDUS

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A B S T R A C T

postpartum exercise is a motion training therapy with the aim of rehabilitating postpartum women as early as possible, both physically and mentally to normal conditions. From the preliminary study that the authors did in Pustu Kubang Pipik obtained 9 respondents the fundus height intervention group was lower than the 9 respondents in the control group who were not given postnatal exercise. This study aims to determine the effectiveness of postpartum exercise to decrease uterine fundus height in postpartum women in Kubang Pipik Pustu in 2018. This type of research is experimental quasy with a static group comparison approach. The population in this study were postpartum women in Pustu Kubang Pipik, sampling using purposive sampling technique with a sample size of 9 intervention groups and 9 control groups. The results showed that out of 9 respondents who did postpartum exercise all experienced a decrease in uterine fundus height and 9 respondents in the control group also experienced a decrease in uterine fundus height but were not significant. There were differences in the mean height of uterine fundus in the intervention group and the control group with an average difference of 1.07 cm and p-value = 0,000. It can be concluded that there is a significant influence between postpartum exercise on uterine fundus height reduction. It is expected that health service agencies, especially midwives, in order to apply postpartum exercise to postpartum women because it is very good to reduce the incidence of bleeding..

I. INTRODUCTION

The postpartum period (puerperium) is a period of recovery, starting from the completion of labor until uterine utensils such as pre-pregnancy, this postpartum period is 6 - 8 weeks (Sarwono, 2014). During the puerperium period (puerperium) consists of three stages, namely early puerperium, intermedial puerperium, and remote puerperium. In the early puerperium, the recovery means that the mother is allowed to stand and walk, while the intermedial puerperium is the complete recovery of the genetalia, which is 6-8 weeks long, and the remote puerperium is the time needed to recover and be perfectly healthy, especially during pregnancy or during pregnancy. childbirth has complications (Saleha, 2009). Of the three stages of the puerperium, early mobilization was carried out in the first stage. This early mobilization is very important for mothers because at this time the mother will learn to move back to light movements such as right tilt, left tilt, sitting and so on after childbirth. After the mother is able to tilt left, right tilt, sit and others, at 24 hours after delivery the mother is able to walk and on that day the mother is strongly encouraged to do puerperal exercise.

Postpartum gymnastics is a form of early ambulation in postpartum mothers, one of which aims to smooth the involution process, while the non-smoothness of the involution process can have a negative impact on postpartum mothers such as further bleeding and smooth involution process (Diana, 2014). The benefits of postpartum exercise include helping to heal the traumatized uterus, stomach, and hip muscles as well as speeding up the return of these parts to their normal shape, helping normalize joints that have become loose due to pregnancy and childbirth, and preventing further weakness and stretching. Postpartum exercise can be started immediately within 24 hours after delivery and then regularly every day. (Diana, 2014)

The results of a study by NT.Rullynil in 2014 which conducted a study on the effect of postpartum exercise on uterine involution, there was an effect of postpartum exercise on uterine involution. According to Salamah (2013), generally postpartum mothers are afraid to make many movements, the mother is worried that the movements she will do will have unwanted effects. In fact, if the mother gives early ambulation, it can accelerate the process of uterine involution (returning the uterus to its original shape). Meanwhile, according to Dedeh (2008), generally women after childbirth often complain of their stretchy shape, not to mention that their body condition is less than perfect due to fatigue and tension. Meanwhile, blood circulation and respiration have not returned to normal, so to help restore the body to its original shape and condition, regular puerperal exercises are required. Meanwhile, from the initial survey the researchers conducted of 7 postpartum mothers in the Pustu Kubang pipik, 5 of them did not want to do postpartum exercise because they were afraid to do a lot of movements, the mother

was afraid that the movements she would do would have a negative impact on her. Whereas with postpartum mothers doing puerperal gymnastics can accelerate the occurrence of uterine involution. Therefore, postpartum mothers are advised to do puerperal exercise so that the uterine involution is good. Based on the description above, the researcher is interested in doing research on "The Effectiveness of Postpartum Exercise on the Height of Uterine Fundus ".

II. METHODS

Research conducted using this type of quantitative analysis with quasi experimental research design, static group comparison design. This study was conducted in Kubang Pipik . The population in this study were postpartum women in working area Kubang Pipit Publich Health Center. The sample of this study was taken using non-random sampling technique, namely purposive sample. The measurement of uterine involution is done once, after intervention.

III. RESULT

Table 1. Average height of uterine fundus in the control group after postpartum exercise

Variabel	Mean	SD	Min – Max	95% CI	N
Uterine fundus heigh in control group	**9,94**	**0,35**	**9,3 – 10,4**	**9,67 – 10,21**	**9**

The mean uterine fundal height of the respondents after the implementation of postpartum exercise was 9.94 cm with the lowest uterine fundal height being 9.3 cm and the highest was 10.4 cm. At 95% CI, the mean range of uterine fundal heights after intervention ranged from 9.3 to 10.4

Table 2. Average height of uterine fundus in the intervention group after postpartum exercise

Variabel	Mean	SD	Min - Max	95% CI	N
Uterine fundus heigh in intervention group	8,86	0,58	8,3 – 10,1	8,41 – 9,31	9

The mean uterine fundal height of the respondents after the implementation of postpartum exercise was 8.86+ 0.58 cm with the lowest uterine fundal height being 8.3 cm and the highest was 10.1 cm. At 95% CI, the mean range of uterine fundal heights after intervention ranged from 8.41 to 9.31

Table 3. The Effectiveness of Postpartum Exercise to Decrease Uterine Fundus Height

Uterine fundus	Mean	Mean different	t	df	p-value	95% CI	N
Control group	9,94	1,07	4,74	13,191	0,000	0,58 – 1,56	18
Intervention group	8,86						

shows that there is a difference in the mean fundal height of the uterus between the control group and the intervention group with an average difference of 1.07 cm and p = 0.000, where the uterine fundal height is lower in the intervention group giving postpartum exercise. This means that the provision of postpartum exercise is effective in reducing the height of the uterine fundus.

IV. DISCUSSION

Generally, the reduction in the height of the mother's uterine fundus according to the involution period at the time after the baby is born is as high as the center of weight of approximately 1000 grams, after 1 week the mother's fundal height will fall back to normal, namely the center-symptom center weighs approximately 750 grams, at 2 weeks post partum, generally the mother's uterine fundal height is not palpable above the symphysis, and at 6 weeks after postpartum the mother's uterine fundal height has returned to normal and weighs approximately 50 grams. Normally the uterine fundus descends about 1 to 2 fingers every 24 hours. (Saleha, 2009)

Based on the height of the uterine fundus of mothers who did not do postpartum exercise, it was found in this study that most of the respondents had normal fundal height and this was not much different from the research conducted by Taufik Andri Atmoko, STIKes Surya Global Yogyakarta student who examined the effect of postpartum exercise on the rate of decline. uterine fundal height in post partum mothers.

From the results of the study by applying postpartum exercise gradually to reduce the uterine fundal height in 9 respondents in the intervention group, the mean was 8.86 cm. When viewed from these data, the respondents experienced a decrease in uterine fundal height after doing postpartum exercise. This is because postpartum exercise can accelerate blood into the uterus so that uterine contractions will be good and the uterine fundus will become hard. Contractions form narrowing of the open blood vessels and no bleeding occurs, so the decrease in TFU occurs rapidly.

Postpartum exercise is a series of body movements performed after delivery to restore and maintain muscles associated with pregnancy and childbirth. Where the purpose of puerperal exercise here is to reduce pain in the muscles, improve blood circulation, launch lochea and

accelerate the involution of the uterus. (Handayani, Sri, 2011). Generally, the reduction in the height of the mother's uterine fundus according to the involution period at the time after the baby is born is as high as the center of weight of approximately 1000 grams, after 1 week the mother's fundal height will fall back to normal, namely the center-symptom center weighs approximately 750 grams, at 2 weeks post partum, generally the mother's uterine fundal height is not palpable above the symphysis, and at 6 weeks after postpartum the mother's uterine fundal height has returned to normal and weighs approximately 50 grams. Normally the uterine fundus descends about 1 to 2 fingers every 24 hours. (Saleha, 2009).

From the results of this study, it is not much different from the research conducted by Amelia Fadlina, a UMS student who examined the effect of postpartum exercise on the reduction of uterine fundal height in post partum mothers. In addition, Taufik Andri Atmoko, a student of STIKes Surya Global Yogyakarta, has also examined the effect of postpartum exercise on the rate of reduction in uterine fundal height in post partum mothers.

According to the researchers' assumptions, when viewed from the results of observations and also previous research postpartum exercise is very useful for postpartum mothers. By doing postpartum exercise gradually the process of decreasing the height of the uterine fundus is faster so that the discharge of the lochea and the remaining placenta becomes smooth and uterine contractions are better, this will reduce the risk of post partum bleeding in the mother and other complications of the puerperium

V. CONCLUSION

Postpartum exercise is a series of body movements performed after delivery to restore and maintain muscles associated with pregnancy and childbirth. It can be advised to postpartum women to apply postpartum exercise to reducing heigh of uterine fundus rapidly.

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